

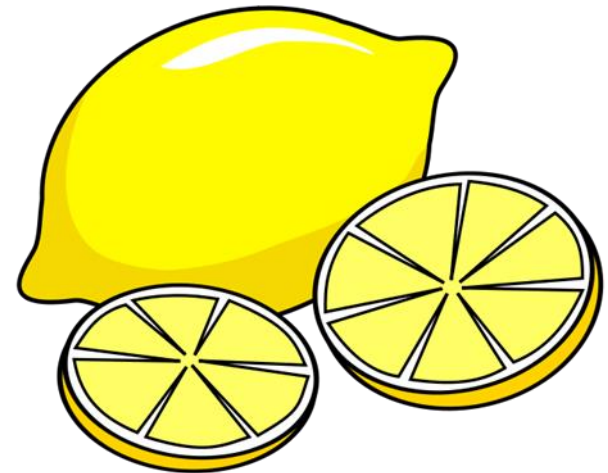
# *SEN Early Years Inclusion Service*

## **Physical Calming Ideas**



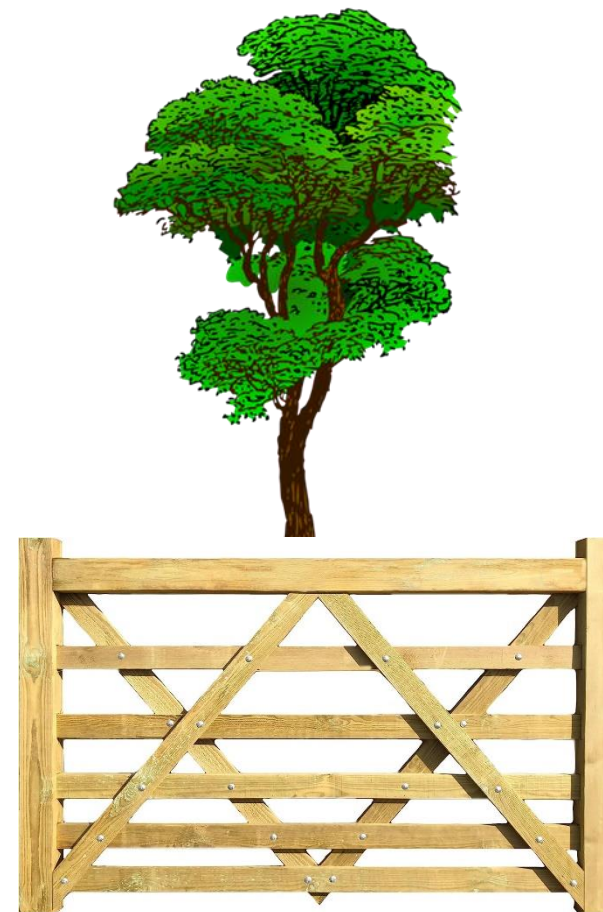
## Lemons

- Pretend to reach up to a tree and pick a lemon with each hand.
- Squeeze the lemons hard to get all the juice out – squeeze, squeeze, squeeze.
- Throw the lemons on the floor and relax your hands.
- Then repeat, until you have enough juice for a glass of lemonade.
- After your last squeeze and throw, shake out your hands to relax!



## Tall as a Tree, Wide as a Gate

- Stretch fingers up to the ceiling, standing on tip toes.
- Hold for 10 seconds.
- Return to standing.
- Stretch arms out as wide as possible.



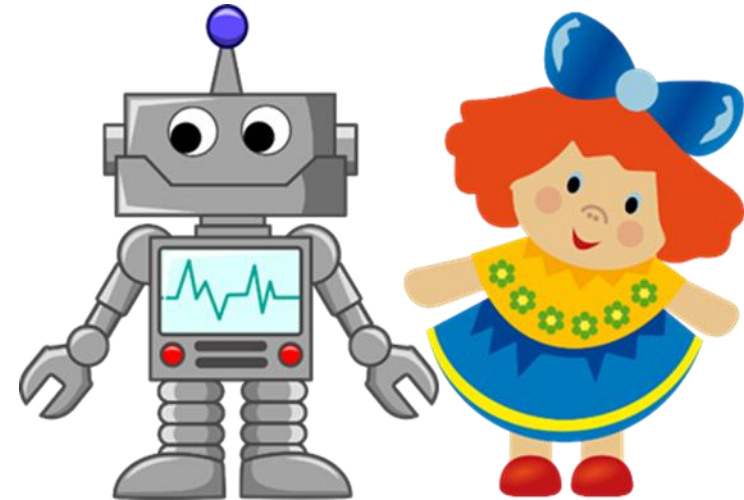
## Lazy Cat

- Pretend you are a lazy cat that just woken up from a lovely, long nap.
- Have a big yawn.
- Now stretch out your arms, legs and back – slowly like a cat – and relax.



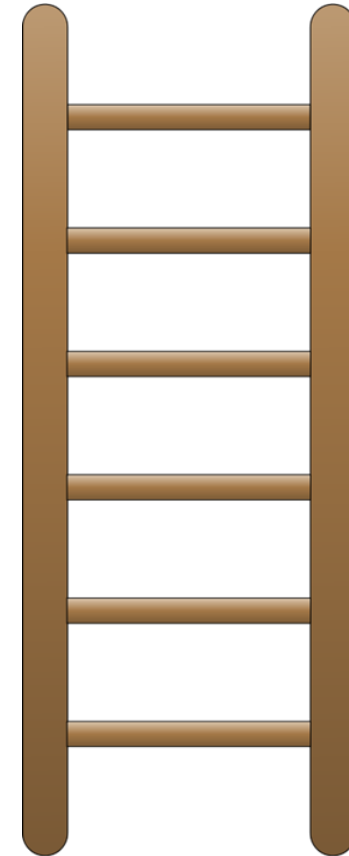
## Robot & Rag Doll

- Tense all muscles in your body like a robot.
- Hold for 10 seconds.
- Relax all your muscles like a rag doll.



## Climb the Ladder

- Stand still with legs slightly apart.
- Move arms and legs as if climbing a ladder.



## Cue Cards

Cut out these cards and present each time you practise the calmers.

